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The Montclarion

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The Montclarion

The Student Voice of Montclair State University Since 1928

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200 Rooms to be Tripled for the Fall



Residence Life plans to triple rooms in Bohn, Blanton, Freeman and Russ Halls.

Deanna Rosa
Assistant News Editor

Due to the consistently increasing demand for student housing on campus, Residence Life has decided to triple many existing rooms for the upcoming academic year. Beginning in the Fall 2015 semester, a total of 200 rooms will be tripled

in Bohn, Blanton, Freeman and Russ Halls in order to meet the needs of Montclair State's resident community.

According to John Delate, Executive Director of Residence Life, with the opening of Sinatra Hall in 2010 and the addition of The Heights in 2011, the number of beds in housing increased to 2,281. After the tripling of 200

rooms this fall, the total number of beds will jump to approximately 5,200. From year to year, the university remains at full capacity; therefore, every possible measure is being taken to expand the total resident capacity.

The newly tripled rooms will be available to any resident student seeking more economical housing, as the cost

Breda Gonzalez | *The Montclarion*

of a triple is approximately 20 percent cheaper per semester than a double. The exact fall 2015 housing rates will be announced soon.

In order to facilitate the smoothest transition possible, Residence Life plans to provide several information sessions to

Triples continued on Page 3

Two Deans Come to Campus

Jayna Gugliucci
News Editor

With the spring semester heading into its fourth week of classes, the university itself continues to look ahead to both the upcoming summer and fall terms. Perhaps the most notable decision in its future plans, Montclair State will welcome two new deans to its campus on July 1, 2015.

As construction comes to a close at the new School of Business, Dr. A. Gregory Cant has been announced as its first dean. Bringing an impressive resume to his position, Cant currently holds the title of the Offutt School of Business at Concordia College's founding dean and is certainly looking forward to taking on his new position at Montclair State.

According to the Montclair State website, Cant stated, "I am profoundly honored to be offered the opportunity to lead the School of Business. With its excellent faculty and staff, innovative programs and exceptional new facility, the School

Deans continued on Page 3

Should Americans Put ISIS in the Spotlight?

Dan Falkenheim
Columnist

By now, everyone around the world has heard about the most recent example of ISIS barbarism: a Jordanian pilot being burned alive while inside a cage. This was a tricky situation for the media as how they should handle it and presented an even tougher task for governments around the world as to how they should respond.

If you haven't seen the video, which is the smartest decision at this point, then you haven't

witnessed the most recent example of how gruesome being burned alive is. ISIS militants stood at a distance while they burned a rope that eventually led to a Jordanian pilot being engulfed in flames inside a cage. Words can't do justice to the horrific act, no matter how I describe it.

The media had a tough task ahead of them this past week: should they air the video or should they just not show it at all?

"As all of the civilizations of the world move up the highway of history, so many civilizations, having looked at other civilizations that refused to dim the lights and they decided to refuse to dim theirs."

- Dr. Martin Luther King Jr.

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Winter Week Warms Hearts of Students on Campus



The week's two Build-a-Buddy events draw crowds of students. Photo courtesy of sga'_msu' on Instagram.

Natalie Smyth
Staff Writer

This week is the third annual Winter Week sponsored by Student Life at Montclair and the Student Government Association. Along with Build-a-Buddy, the week is filled with other crafty events and activities, and all the events were supplied with free food, drinks and prizes.

Build-a-Buddy, the most popular event of Spring Week last year, is back for two days this week with an ample amount of supplies to allow more students

to participate. Even with the extra day, the line to get into the Student Ballrooms still went all the way around the first floor of the Student Center.

Winter Week started three years ago as a way to give the students a week of fun and inspiring activities between Homecoming and Spring Week. Homecoming is in October and Spring Week is in April, so there is a long time between the two events. SLAM and the SGA wanted to give the students the opportunity to participate in different types of activities during the cold winter months.

"I've been hearing about the Build-a-Buddy event for a long time," said Rachel Estrada, an English major. "Last year, this event was sold out an hour before it started, so I wanted to make sure I got here early enough to be able to participate. I don't think they expected so many people to come last year, but this year they seem way more prepared for it."

To get ready for the hundreds of students wanting to participate in Build-a-Buddy, SLAM put more of their bud-

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Six Reports of Harassment on Campus Since January

Students respond to the recent reports of these incidents on campus.

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Valentine's Day Outfits



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Brian Williams' Not-So Honest Mistake

"Breaking news! NBC has suspended its Nightly News anchor, Brian Williams, for six months after the recent scandal concerning the authenticity of some of his past reports."

Entertainment, p. 15

'Imitation Game'



Sports, p. 19

Anderson Silva Update

More details of Silva's failed drug test were released as the week progressed.

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Six Reports of Harassment on Campus Since January

Peter Shaver
Staff Writer

As the semester reaches its first full month of classes, several harassment complaints have been reported. There have been seven accounts of harassment since the semester began. One case occurred in January and six cases occurred within the month of February thusfar.

However, though these incidents have been happening in recent times, the campus community has yet to be notified from administration concerning their occurrence. Upon learning this information, students were rather shocked, not only due to the events themselves, but the fact that the Montclair State community has been left in the dark.

“I feel like that’s completely disrespectful to the campus community,” said Bri Capik, a junior Communication Studies major. “We should be informed of these incidents and the school shouldn’t be hiding these things from us, especially if [it’s because] they’re worried about receiving bad press like some other schools around us have been receiving.”

Students feel as though they should still be aware of the fact that these instances can and do happen at the university level.

“Really, six in two weeks?” said Melissa Ruiz, a junior Commication and Media Arts major. “We should be notified for our safety no matter how small the incident ‘seems’ to be.”

“I feel unsafe knowing that these incidents are occuring around us and we have not been notified,” said Francesca Verrone, an undeclared sophomore.

In general, students have agreed that the campus community should be notified of these events no matter how small.

However, according to Dr. Pennington, “We are required to notify the community if they might be in danger, e.g., when the perpetrator of an action is unknown and the action might be random. If the parties are known to each and are identified, then it is clear the issue is unique to those individuals and there is no reason to believe that the rest of the community is in danger.”

Though this has not been reported in the incidents occuring recently, in many cases where harassment does take place, violence usually ensues. For

this reason, Detective Sherwyn Wong from UPD still warns of its occurrence and encourages students to be aware if they find themselves in these situations.

“Don’t engage in derogatory comments when encountering these situations because most times it will elevate the situation to physical violence,” said Wong. “Know your surroundings, know what triggers the suspect to physical violence and know that we’re here 24/7 to assist you in any incident of harassment.”

In recent weeks, there has been an increase in awareness across the country and thus harassment continues to impact colleges and universities on a

“Being students, I think it’s really important we’re aware of what’s around us. I do think Montclair is a safe campus, but I would like to know what incidents are taking place.”

- Ashlyn Hoag
Television and Digital Media, TV Production Major

large scale. Still, some students have asserted that though the campus community has not been notified of such events, it is definitely taken steps to educate its students and faculty members.

“As a student, this number honestly doesn’t suprise me. With over 20,000 students at this university, there is going to be conflict,” said Melissa Batraki, a senior Justice Studies major. “I think the university does everything it can to educate and inform our students. It’s now the responsibility of the student body to step forward and report harassment.”

“I definitely think we should be informed of any incident whether big or small,” said Ashlyn Hoag, a junior Television and Digital Media major with a concentration in TV Production. “Being students,

I think it’s really important we’re aware of what’s around us. I do think Montclair is a safe campus, but I would like to know what incidents are taking place.”

“We should definitely be alerted about each and every single incident on campus,” said Amanda Accordo, a Television and Digital Media major with a concentration in TV Production. “Having them sweep these incidensts under the rug makes me feel like they’re not taking them seriously and that they’re not doing anything about them.”

However, the University has no tolerance for misdemeanors involved with harassment. According to the Montclair State University Code of Conduct, the minimum sanction permits a warning; the maximum sanction leads to expulsion from the University.

The Code of Conduct displays these four forms of harassment: discriminatory harassment, intimidation and bullying, sexual harassment and stalking. Any additional information that pertains to the policies that involve harassment can be found within the Code of Conduct itself.

Within the Jeanne Clery Act/ Crime Statistics, in 2014 there were four recorded forcible rapes; pior to this, there were three forcible rapes in 2013 and four in 2012. Across the country, sexual harassment has impacted the way that students live.

As of Jan. 7, there has been a list of 94 colleges and universities that are facing federal investigations under Title IX. Not only does this affect the social environment on campuses throughout the country, it also impacts the opportunities for many students on these campuses.

Although many of these instances involved sexual harassment or sexual assault, harassment, regardless of its category, causes psychological as well as environmental conditions to be at risk at colleges and universities that prevent students from living in a safe environment.

There are many ways to prevent or report any forms of harassment on campus. The Sexual Assault Response Team can be contacted at either 973-655-5222 or 973-655-4361.

Consult with the University Police for immediate response or any questions regarding harassment.

The Montclarion's News Team contributed to this article.

Pelican Police Report

Tuesday, Feb. 3 Student Center: A student reported a theft. This case is under investigation.	Thursday, Feb. 5 University Hall: A student reported an act of harassment from another student. At this time, the reporting student declined to pursue charges.	Saturday, Feb. 7 Sinatra Hall: A student reported an incident of harassment and terroristic threats from a non-student. At this time, the reporting student declined to pursue charges.
Tuesday, Feb. 3 Carparc Diem: A student reported an act of criminal mischief. This case is under investigation.	Friday, Feb. 6 University Hall: A faculty member reported a theft. This case is under investigation	Sunday, Feb. 8 Einstein Hall: A student reported an incident of criminal mischief. This case is under investigation.
Tuesday, Feb. 3 Williams Hall: A staff member of Residence Life reported a theft. This case is under investigation.	Friday, Feb. 6 Blanton Hall: Student Zachary Eichhorn, 19, of Moorestown, N.J. was charged with underage consumption of alcohol. Eichhorn is scheduled to appear in Little Falls Municipal Court.	Monday, Feb. 9 Maintenance Building: A staff member of maintenance reported an incident of criminal mischief. This case is under investigation.
Wednesday, Feb. 4 Williams Hall: A student reported a suspicious activity incident. This case is under investigation.		

Anyone who has information regarding these incidents is urged to call the police station at T-I-P-S (8477).
All calls are strictly confidential.

Deans: Experience Comes to Campus

Continued from page 1



One of the new deans, Cant, will take over the new School of Business.

Photo courtesy of Mike Peters.

is well positioned to deepen its reputation and fulfill its mission to develop talent for a changing world.”

Cant received his undergraduate degree and Ph.D. close to home from the University of Western Australia and then received his master’s degree from Queen’s University in Kingston, Ontario, Canada.

In a similar fashion, Cant has held various positions of importance at the academic level around the world in several different areas of study. Among these roles, he has fulfilled those of a faculty member, administrator, faculty senate leader, department chair and academic dean at a number of universities; in regards to location, he has worked in the United States, China, the United Kingdom and Australia.

Most notably, Cant worked endlessly to transform Concordia’s business program into a comprehensive business school, and in turn penned a comprehensive new curriculum for the school as well as both its incoming and returning students and faculty members. Cant’s work also helped to expand the number of faculty and

staff in the school itself and created initiatives set on fundraising at the university level.

In his initial days at Montclair State, Cant will work with Dr. Kimberly Hollister, the previous dean, to both settle into his new position and create a vision for the new school; Hollister will become vice dean of the School of Business on the same date.

At the same time, Dr. Robert S. Friedman has been named dean of the College of Humanities and Social Sciences; Friedman currently serves as director of the Institute of Technology at the University of Washington’s Tacoma campus and eagerly awaits his first day in his new position.

According to the Montclair State website, Friedman stated, “I’m thrilled to be able to join Montclair State as its next dean of the College of Humanities and Social Sciences,” said Friedman. “The personal significance of this appointment is rooted in my professional and scholarly commitment to the humanities as the focus of a liberal education, as well as to the frames of thought and action provided through the social sciences.”

Previously, Friedman served in both administrative and faculty roles at the New Jersey INstitute of Technology. The most notable of such, Friedman served as associate dean in the College of Computing Sciences and the College of Science and Liberal Arts, for liberal arts; he also fulfilled the positions of associate chair and, later, chair of the Humanities Department.

Before pursuing his career at NJIT, Friedman received his Ph.D. in American Literature from the City University of New York’s Graduate Center; he then went on to complete his master’s degree in Information Technology at NJIT.

Since his years of schooling, Friedman has been heavily involved in the fields of both Computer Science and Information Technology. While at NJIT, he was a founding faculty member of its Information Technology program; he has also held leadership positions in the Association for Computing Machinery’s Special Interest Group for IT Education and was elected chair in 2012.

At the same time, Friedman has crafted various entities of research including a multitude of journal articles and conference presentations as well as four books; altogether, his research portfolio includes more than \$7.5 million in extramural funding.

With both Cant and Friedman’s past work experience consistently encouraging them to continue learning, their commitment to sharing knowledge as well as life-long learning will surely make them both a great fit at Montclair State.

Information for this article was gathered from the corresponding article on montclair.edu.

Triples: New Room Plan

Announced for ResLife

Continued from page 1

notify the resident community about this upcoming change and to advise resident students concerning specific details of the room selection process. Residence Life will also be running a social media campaign to provide quick and accessible updates. Additionally, the utilization of updated software will make the room selection process into a user-friendly and stress-free experience.

The university has been

growing demand, we need to triple 200 rooms for the upcoming academic year.”

The daunting task of providing ample storage and living space for each resident remains one of the biggest concerns regarding the tripled rooms. The new furnishings, which are specifically designed for tripled rooms, are currently being purchased to solve the potential issues characteristic of a limited space. The rooms will each

“Ultimately, we want as many students as possible to have the great experience that living on campus can provide.”

- John Delate
Executive Director, Residence Life

working to accommodate every student who wishes to live on campus. Residence Life began the 2014-2015 academic year with over 100 people on the waiting list for housing. Since September, that list has dwindled down to only a few students due to the hard work of the Office of Residence Life staff.

According to Delate, “It is exciting to see at Open House days and other events where so many prospective and current students want to reside in campus housing. Residence Life is thrilled with this interest and in order to accommodate the

contain a lofted bed on one side of the room and bunked beds on the other side. Such space-utilization methods will ensure that each resident in a triple has a personal desk, dresser and closet.

Under the leadership of John Delate, the Office of Residence Life is always working to serve the consistently growing resident community at Montclair State and its assistance will be available throughout this upcoming transition. According to Delate, “Ultimately, we want as many students as possible to have the great experience that living on campus can provide.”

Winter: Build-A-Buddy Fills the Week with Fluff

Continued from page 1



Despite the cold, students warm up during Winter Week.

Photo courtesy of Mike Peters.

get towards the event so they had more supplies and could do this activity twice this week. The students who did not get to build their own bear on Tuesday can go back and do it on Thursday, so hopefully everyone who wants to make their own buddy can do so.

When SLAM first started Winter Week, they hired a company to stuff the bears for students; however, they let the students stuff the animals themselves last year and that led to a larger turn out. According to Ashley Favato, a Family and Child Studies major, “Students like doing it themselves; it’s more hands on and they can decide how big or small they want their buddy to be. It’s a way to make it a more personalized activity and I think that’s why it’s been so successful. Last year, we had this event during Spring Week and since it was so popular, we thought it would be perfect for Winter Week.”

Along with Build-a-Buddy, students have the opportunity to make customized license plates, Valentine’s Day cards, message pillowcases and much

more. Armando Rodriguez, a film major, made his own customized license plate on Monday and Build-a-Buddy on Tuesday.

“I think this was the first year they did the license plates and I thought it was really fun. It was a good idea and everyone had a great time making them,” said Rodriguez.

In addition, on Wednesday morning from 11 a.m. to 1 p.m., students enjoyed freshly baked quesadillas in the Student Center’s Rathskeller. At the same time, Thursday’s evening event featured “Slam-entine Build-A-Buddy” as well as Valentine’s Day Cards and Desserts.

As its final activity of the week, the Black HerStory Ball will be held in the Student Center Ballrooms from 8 p.m. to 12 a.m.

Overall, Winter Week served as a definite energy boost in the cold winter months of the spring semester. In the future, SLAM hopes to grow Winter Week next year with more activities for students to unwind and have fun over the next few years.

The Montclarion

“In America, the President reigns for four years, but Journalism governs forever.” – Oscar Wilde

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Valentine's Day Outfits

Jessica Mahmoud
Staff Writer

Valentine's Day is a holiday that is special for some; but for others, it is not celebrated and just taken as another day. Whether you're planning a big date or just relaxing at home, here are some outfit ideas for this Saturday, Feb. 14. Take some inspiration from students on campus because any outfit can be made V-day appropriate. I hope this helps you out.

Valentine's Day can be celebrated with a fancy dinner or just a typical night of Netflix and way too much popcorn. However you choose to spend it, remember it's a holiday. Try and do something fun and spend a little more time on picking out your outfit. I hope this gave you some inspiration and ideas for your look this weekend. For more pictures like these, check out my blog on Instagram and Facebook @montclair_state_style!



Top, hat and necklace: Forever 21
Jeans: Urban Outfitters
Coat: thrifted
Boots: Steve Madden.
This weather is horrible, but we didn't have off [Monday]. Did you have classes? "Oh no, thank goodness. I was like, 'I can't believe we have school.'"

This outfit is great if you're going out for a more casual dinner or have opted for a more casual date like going to a movie or even a night in. The brim hat gives the casual jeans look a unique touch as does the long jacket. If a short-sleeve top isn't enough, add a long-sleeve cardigan over it or go for a sweater instead.



Top and shoes: New Look
Jeans: ASOS
Jacket: Forever 21
Classes Monday? "Yes, an evening class; 8-10, Intro to Research. It was icy."

Here's another more casual look with a statement piece. A fur coat is a great piece to add to your wardrobe to keep you warm this winter. They look great over long-sleeve sweaters, like this turtleneck. Pairing it with jeans is fine because it keeps the focus on the coat without overpowering the look. However, if you're going a fancy date or something, a simple black skirt would look great too.



Sweater: Love and Liberty
Skirt: Zara
Shoes: don't know
Do you use Yik Yak? "I've heard about it, but I'm not involved. I hear it's disgusting."

This is the perfect outfit for Valentine's Day! The pink sweater goes with the theme of red and pink hearts and the skirt and heels are appropriate for a fancy dinner. Rather than going for an olive jacket, go for a warm wool coat or peacoat. Adding a large purse is perfect for a night out, especially for carrying chocolates and teddy bears.



White shirt: The Limited
Denim zip-up: Forever 21
Jacket and boots: Nordstrom
Pants: American Eagle
Are you an introvert or extrovert and why do you say that? "I'm in between. I have to warm up and get comfortable to be more excited around a person."

This casual outfit can be altered slightly for a Valentine's Day look. Simply swap the black pants for a skirt and tuck in the white top keep the outfit simple; then, layer over the jackets to keep warm. Add tights and then finish the look with knee-high boots like these. If you think denim is not appropriate for your plans, opt for another jacket such as a blazer. However, the olive jacket goes great with white and a thick one is perfect for this weather.



Shirt, hat and scarf: Forever 21
Jeans: American Eagle
Coat: Old Navy
Boots: L.L. Bean
Bag: Urban Outfitters
We have over 100 organizations here at MSU. What's your favorite and why? "I don't have one; I'm not involved besides music. I'm forever stuck in the music building."

This look is another casual one but can easily be made more formal. Swapping blue jeans for khakis or dress pants and boots for dress shoes makes this more appropriate for a more formal dinner. However, a scarf and beanie are not acceptable, so opt for a dress shirt and skip the hat. A wool coat is perfect; add a blazer underneath for more style points.



Shirt: online
Cardigan: H&M
Jeans: Levi's
Hat: S4 Army Navy
Shoes: Vans
Book: Politics and Science by Louis Althusser.
Do you use Yik Yak? "I have no idea what that is. I'm not very keen on social media."

Although girls are probably a little more image-conscious on a date night, it's still nice for guys to look together as well. This casual outfit best compares to the first outfit idea for girls. It's great for a movie date or one to a more casual restaurant. A cardigan is better than a jean or leather jacket but not as formal as a blazer. A beanie and Vans are casual, but still suitable for a more low-key date.

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IT'S ALL HERE.

Sticking with Healthy Habits

Kimberly Asman
Staff Writer

We have been experiencing a ton of dreary winter weather lately, and it seems like all they are going to do is predict more. On snow days, when you are stuck inside all day with nothing to do, there is a lot of time to cook or bake. Because it is so cold outside, we often want to enjoy our favorite, warm comfort foods. Things like macaroni and cheese, hot chocolate or anything warm probably sound great on a day where you stay on the couch wrapped in blankets. However, these are usually not the healthiest options and what makes these days even worse (in terms of your health) is the gym is probably closed or at least really hard to get to. But there are ways to enjoy your snow day, make your favorite comfort foods and not feel so guilty about skipping a day at the gym. Here are some ways to lighten up our favorite winter recipes without sacrificing flavor. These are only a couple of specific dishes, but the possibilities don't end here. Take some time on your day off researching online. Simply type in "healthy comfort foods" or "healthy" followed by your favorite dish and look into all of the variations. You do not necessarily have to completely change a dish, simply make a few tweaks to make things a bit better for you.

Macaroni and Cheese

There are a ton of ways to make this one better for you, moving away from the traditional recipes with full-fat cheese and milk. An easy swap is to use whole grain or 100 percent whole wheat pasta, giving you some extra fiber and protein. For the cheese, switch to cheese made of low-fat skim milk. If you are using kinds you like and maybe mix a few of your favorites, you will probably not notice a difference at all. Same goes for the milk; stick to low fat or fat free to keep all the protein, without all of the fat. If you want to make a huge jump from tradition, pick up a butternut squash. Baking the squash, followed by blending up the insides can give you a thick, creamy sauce that makes a great base for pasta dishes. You can still add melted cheese; you just won't need as much.

Soup

A warm, steaming bowl of soup is a great dish to have on a cold day, but beware of the premade cans. These are generally full of sodium and preservatives and may not taste that great. It is not hard to make your own soup and making your own can make it a lot healthier. For a broth-based soup, make sure to find a low sodium broth with only a few ingredients. If it is a vegetable broth, try to find one where almost all of the ingredients come from actual vegetables, not added flavors to imitate the taste. If you want a creamy soup, try using low-fat milk or almond milk instead of cream and rely on your added vegetables and seasonings to give it flavor.

Hot Chocolate

This one is a winter staple and is one of our favorite childhood memories when we got off from school. There are tons of varieties of the pre-made, powdered hot chocolate. If you are going to use one of these, watch the ingredients list. Although something may be labeled as low-fat, for example, they probably added more sugar to make up for the flavor. With "low sugar" varieties, they may have added artificial sweeteners, which is up to you whether or not you are okay with consuming these. To stop worrying about long ingredients lists altogether, try making your own. Start with a low-fat or fat-free milk. Try subbing in almond milk if you want less calories or stick to skim milk if you want a more creamy taste. Use around a tablespoon of unsweetened cocoa powder, depending on how strong you want the taste and add cinnamon and a splash of vanilla extract for a yummy taste. To make it sweet, add a bit of honey or a small amount of sugar.

Mashed Potatoes

This substitution may sound a bit odd, but try it out before immediately dismissing the idea. It may seem impossible to make that warm, soft side dish any healthier, but using cauliflower is a great way to lighten up mashed potatoes. Chop up a cauliflower and throw it into a food processor or blender, blending until it has a smooth and creamy texture that resembles mashed potatoes. If you want to go all out, stop there and add garlic powder and some salt plus a few tablespoons of milk to make it creamy. If this sounds too drastic, try mixing this blend with your normal mashed potatoes recipe, shooting for about one-to-one cauliflower to potato mix. This will give you extra veggies, take away some of the carbohydrates and give you the same great taste.

Healthy Heart Guidelines

James Carpentier
Staff Writer

Red roses and a box of chocolate may be traditional romantic gifts for those you love for Valentine's Day this Saturday, Feb. 14. But nothing beats the gift of good health. So pay attention, especially with February being American Heart Month and be kind to your heart. Cardiovascular disease, including heart disease, high blood pressure and stroke is the leading cause of death in the United States, an alarming statistic to say the least.

In the spirit of Valentine's day start following some of the heart-friendly tips below for yourself and your loved ones:

Stop and smell the roses (and have a little dark chocolate, too!). Turns out smelling those Valentine's Day red roses and other pleasing aromas are a form of stress-reducing aromatherapy that can lower blood pressure and improve heart health. That other gift of dark chocolates also has some heart-related benefits: Consuming a little dark chocolate or cocoa powder daily has been shown to slightly lower blood pressure due to its antioxidant compounds (flavanols) which help open blood vessels and aid blood circulation.

Get moving! Heart disease affects people of all ages; youths, adults and

seniors. Daily physical activity is perhaps the optimal way to counter and prevent heart problems.

Walking, jogging, strength training, dancing, cleaning a room, gardening, washing your car - these are just some activities that are so much more productive for blood circulation than sitting for long periods, which leads to sluggish blood flow. To keep it short, move more and sit less each day.

Get enough sleep. You may not realize that regularly getting sufficient sleep (at least 7-9 hours) boosts heart health. Studies show that averaging six or less hours of sleep each night increases heart disease risk.

Go Mediterranean. A typical Mediterranean plant-based and marine-based diet is really heart-smart. Do your heart a favor by consuming more plant-based fruits, veggies, nuts, olive oil, whole grains and marine-based foods such as salmon, tuna and shrimp, which are rich in heart-protective Omega-3

moderate

Photos courtesy of wikipedia.org



fatty-acids.

Keep the water bottle handy! Dehydration not only affects physical and mental performance, but it also impacts cardiovascular health. Drink ample amounts of water and also consume water-based fruits and veggies to not only stay hydrated throughout the day, but also to promote blood circulation.

Even slight dehydration can cause blood to thicken, preventing oxygen from reaching organs and causing ill health, elevated blood pressure and negatively-impacting the heart.

Get your blood pressure checked. High blood pressure (e.g. 140 or more over 80 or 90) can be dangerous

to your heart. Moderate exercise, nutrition and reduced stress can all help lower blood pressure to a safer range (120 over 80).

Annually visit your physician especially if there's a family history of heart disease. Have your doctor examine you for heart-related risks including high blood pressure, a family history of cardiovascular problems, obesity, overweight, or just a greater body-fat to muscle ratio especially abdominal fat.

See your dentist twice yearly and brush and floss your teeth daily. There is increasing research linking gum disease to heart disease, as bacteria from bad teeth and gums can get into the bloodstream and travel to the heart. Dentists advise brushing teeth twice daily and flossing teeth once a day not only to prevent cavities but also for healthier gums and teeth and deterring harmful mouth bacteria from developing.

Stop smoking. It's a no-

brainer that smoking not only causes heart disease and strokes but can also contribute to other illnesses such as cancer. Kick the smoking habit ASAP; your heart and loved ones will thank you.

Relax and think positively. Anger, stress, depression; these are negative emotions that not only raise blood pressure but can potentially "break" your heart over time. Try channeling energies towards something positive for your heart such as volunteering your services as little as one hour a week; putting others ahead of yourself by performing an act of kindness once a day for a stranger, friend or a relative. Take 15-30 minutes out of your day and go for a long walk around the campus and put your stress behind you, preferably walking outdoors. Take a yoga class or begin an exercise program (get your doctor's approval first); treat yourself to a stress-reducing and circulation-enhancing massage; stretch daily to relieve physical and mental tension; tune out job, academic or sports-related stress by listening to your favorite music; engage in a hobby. These are several productive ways to bolster heart health.

A Plan of Action to Take When Your Workout Plans Don't Work Out

James Carpentier
Staff Writer

Did the groundhog predict six more weeks of winter? Whether or not he did, MSU athletes and non-athletes need not let wintry-related issues freeze their workout plans if the Recreation Center or Panzer Center weight room is closed. Here's your "Plan B" strategy when getting to the gym is not an option:

Bring the gym workout to your dorm room, home or the outdoors. Keep moving throughout the day and minimize sitting – take an outdoor walk or jog if the streets/sidewalks are cleared of snow and ice or do a convenient workout indoors.

Focus on upper and lower body bodyweight with strengthening exercises you can do almost anywhere with minimal equipment. Standing squats and wall squats (back flat against a wall while in a Squat position for 30-60 seconds) ideally target leg and hip muscles. How about improving balance for sports or daily activities?

Do as many single-leg squats in 30 seconds with one hand against a wall and



Photos courtesy of wikipedia.org

eventually holding the single-leg squat position without a wall or countertop for as long as possible and then switching legs to repeat.

Include these push-up variations for strengthening upper body muscles: modified kneeling or standing push-ups against a wall, regular push-ups on a flat surface and/or advanced push-ups with feet elevated atop a bed or chair.

Besides pushing movements, don't forget to add pulling exercises and core-strengthening movements for a full-body workout. Try this all-in-one back/bicep/abdominal-building pull-up

exercise: straddle an open door while holding on tightly to the doorknobs. Get close to the door frame with legs on either side of the door frame with an underhand or overhand grip on the doorknobs and your back almost in a horizontal position so you're looking up at the ceiling.

With heels firmly planted on the floor and legs and back straight, tighten abdominal muscles and slowly pull your upper body upward towards the doorknobs and hold the position for at least 10 seconds or longer. Make the exercise more challenging by keeping one foot off the floor while doing the pull-up and

also to work those core stabilizing muscles in your lower and middle back and abdomen.

Do prone and side planks (holding the position for at least 30 seconds) or elevated planks atop a bed or chair for added intensity to continue strengthening core muscles. Perhaps the most advanced plank technique is performing a prone or side plank with feet atop a basketball or soccer ball or medicine ball, for example. Standing or seated twists using a book or medicine ball for resistance also effectively targets core muscles.

Here's another balance

exercise that also works on core and upper body muscles: assume a squat position on one leg and hold two books laterally at shoulder level with arms extended or overhead for 30 seconds, then switch legs and repeat.

Endurance movement: is it unsafe outside to jog or walk? Enhance endurance by jogging in place in your dorm room or home for several minutes or do Mountain Climbers (assuming a push-up position and rapidly alternate bringing legs toward arms for 1-2 minutes).

Get a complete total body workout by helping a neighbor shovel snow! Shoveling snow uses upper, lower body and core muscles and builds endurance, too! Just be sure to use good technique when shoveling, as bending at the knees and beginning each lift with the leg and hip muscles will take pressure off the lower back and take frequent breaks to rest before resuming. One more thing: whether you're exercising indoors or outdoors, always keep that water bottle handy to stay hydrated!



Dr. Kathryn Yeaton, Associate Professor of Accounting, and her class engaged in student presentations.

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Secaucus family seeking sitter M-F, 3-6:30 P.M. to drive two kids 7 & 5 from Clifton school to activities & homework help. Need your own car. Email Secaucus-mom@gmail.com.

Looking for a smart, fun, flexible after-school sitter in West Orange for my 3 children: 11 year-old daughter and twin 10 year-old sons. Hours are 3:30-5:30 P.M. Monday, Tuesday, and Thursday afternoons. Email: Ericagschwartz@yahoo.com or call (917) 974-3268.

Experienced, energetic and reliable babysitters wanted for our 7 year old son in Nutley. Occasional afternoons / weekends. \$15.00 & up/hour. Contact Linda at lindaturiya@yahoo.com or call (973) 508-8868 (Leave a Message).

P/T after-school sitter in Fair Lawn to drive kids 7/13/16 to activities, supervise playdates and homework for the youngest. Flexible Hours! Must like dogs & cats. Email jdavisswing@yahoo.com.

Babysitter wanted 24-32 hours a week to manage 3 kids. 12:30-8 P.M. Mon, Wed, Thurs. Looking for a "take charge" person with previous experience. Non-smoker and fluent in English. Driving not necessary. Call Melissa (973) 707-7088 or email Mlisdona@yahoo.com.

Seeking reliable morning help / driver in Glen Ridge for 3 children starting Jan 2015. Mon.-Fri., hours 7:00-9:00 A.M. Help with dressing, breakfast, school / day-care drop off. Must hold valid drivers license & use our vehicle. Email michellefertig@gmail.com with resume/experience.

Seeking reliable, driving babysitter in Livingston for two young girls starting Jan 2015. Mon./Tues/Wed. Hours 2-5:30P.M. Must hold valid drivers' license & pick up children in your vehicle. Email Livingstonfamily2013@gmail.com with resume/experience.

\$15 per hour occasional sitter needed for 8 year old girl and 6 year old boy in Montclair. As needed/as available position. Most hours will be weekday afternoons. Must have a car, be responsive and responsible. Email ecroarkin@hotmail.com

Help Wanted

Nutley family seeks P/T nanny for two kids ages 2 & 7. Mon.-Fri., 4:00-7:30 P.M. Pick-up from school, homework help & dinner prep. Email bethcarey@hotmail.com.

P/T Afternoon nanny in Montclair for one sweet little boy age 10 months. Call Brooke at (631) 327-5513.

P/T after-school childcare needed Mon.-Fri., 2:50-6:20 P.M. for 9 and 11 year olds in Mountain Lakes. Prepare snack and dinner and help with homework. Must drive. Contact Jane (901) 487-4999 or email Janemhouston@gmail.com

Seeking a loving and energetic babysitter for our two daughters (3 & 8 months old) in our home in New Providence, NJ approximately 10 hours a week with the opportunity for more hours in the future. We definitely need someone on Thursdays from approximately 3-6:30 P.M., but other hours are flexible based on course schedules. Email priya1006@gmail.com.

Fairfield, NJ-based Internet Startup looking for recent college grads or very ambitious college students. \$30,000 plus first year & Vested Retirement Plan within 24 months of hire. Complete company training for qualified individuals. Call Pat (973) 698-7582 or email resume to pgiglio@pagelink.com.

P/T childcare for Montclair family (near MSU) for kids 9 & 12. Three days per week 3:00-6:30 P.M. Need a car for driving to activities. Light meals and homework help. Email Monika at monica.minore@verizon.net.

Paid intern needed for Montclair home-based Real estate marketing business. Excellent admin, HTML, social media (FB, You Tube, Twitter) skills a must. \$15/hr to start. Raise on performance. Motivated and confident. Must have a car. Email Ken@FriendindeedLLC.com or call (917) 543-2812.

P/T & F/T - Little Angels School House of Chatham, NJ is looking for energetic individuals. Duties include implementing lesson plans & assisting with meals/naps/diapering/potty training. Contact Jade (973) 701-8303 or email rnuman@littleangelsschoolhouse.com.

P/T childcare for 9 year old girl. Mon/Tues/Wed - 3:00-7:00 P.M. Child has some learning delays and a Special Ed student would be great, but not necessary. \$12.00/hr. Call Patti (201) 248-0599 or email paf0115@hotmail.com

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Japan Club: Valentine's Day Cafe
Friday, Feb. 13
6:00 PM, SC 411

MSDO: Valentine's Day Table
Thursday, Feb. 12
11:00 AM, SC Lobby

Organization of Students for African Unity: Valentine's Day Brunch
Saturday, Feb. 14
11:00 AM, SC Dining Room

S.L.A.M.: Winter Week
Thursday, Feb. 12
5:00 PM, SC Cafe BC
Friday, Feb. 13
8:00 PM, Rathskeller

Hillel Bake Sale
Monday, Feb. 16
11:00 AM, UN Lobby

Muslim Students Association: Story Night With Milk & Cookies
Thursday, Feb. 12
5:00 PM, SC 411

UAASO: Spam Musubi Night
Monday, Feb. 16
7:00 PM, Rathskeller

Fashion Club: Valentine's Day Bake Sale
Friday, Feb. 13
10:00 AM, UN Lobby

Newman Catholic: Mardi Gras
Tuesday, Feb. 17
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Opinion

Brian Williams’ Not-So Honest Mistake



Christian Ruiz | The Montclarion

Breaking news! NBC has suspended its *Nightly News* anchor, Brian Williams, for six months after the recent scandal concerning the authenticity of some of his past reports.

Last week, *Stars and Stripes* revealed Brian’s claim that he was on a helicopter that was hit by “two rockets and small arms fire” while he was covering the war in Iraq. Now, crew members of the 159th Aviation Regiment are saying that Brian was never on the aircraft and furthermore, his helicopter was not even close to the one which was shot down.

This initial incident has spawned closer investigation of Williams’ past stories, includ-

ing his coverage of Hurricane Katrina. Many suspect that Williams’ embellishment of the truth was not an isolated incident, but as a journalist, even one stretch of the truth is a serious violation.

We trust reporters to be honest and unbiased in delivering the news to us. We may enjoy watching stations with a specific political slant, but we want to be able to trust that the people on whom we rely to know about global and international issues are actually telling the truth.

To many devoted viewers of NBC, Williams’ embellishments are shocking and completely unacceptable. Others think that it is wrong, but there was little

harm actually done. Several believe that Williams, an incredibly popular and prominent journalist, should be given a second chance.

Though we understand that mistakes do happen, as a news source, we recognize the essentiality of honesty in journalism. It’s decent of Williams to own up to his mistakes, but we wish that he had never made them in the first place.

Clearly, a person doesn’t accidentally mix up being on a helicopter that fell out of the sky with being relatively safe and comfortable on a fully-functional helicopter. Williams was likely trying to make himself look more heroic by saying he had literally put himself in the

line of fire in order to report on the war in Iraq.

This mix-up was not an honest mistake, but an attempt by Williams to bolster his reputation as a dedicated journalist.

It can be easy to exaggerate an event or circumstance in journalism to create a more exciting headline, especially when sometimes a journalist may be one of the only people in a danger zone, making the American public oblivious to that fact that he or she is fudging the details.

Yet, when it a story of a journalistic dishonesty surfaces, it always rattles not just the world of journalism, but the faith of the American public in their news sources, damage that is not often easily regained.

While it may seem that Williams’ suspension is an over-reaction on the part of NBC, we think that his barring from *Nightly News* and subsequently his salary is a justified measure for such an offense.

Maybe Williams will learn his lesson from this suspension. Maybe he should be reinstated as the head anchor of *Nightly News*. Those assessments are at the discretion of NBC. But, to punish someone for blatantly lying in a report in order to make himself look better, we support NBC and their sanctions against Williams.



Thumbs Up

Jack White’s guacamole recipe

Spider-Man added to Marvel movie universe

Jupiter Ascending

Thumbs Down

Kanye being Kanye at the Grammys

Brian Williams scandal

UNC Chapel Hill shootings



Question of the Week:

Is it better to be single or in a relationship on Valentine’s Day and why?

“I would say that it depends on personal preference and what makes you happy.”

-Anthony, Marketing, Junior

“I would say it is better to be in a relationship because you get gifts and especially when you see couples together getting gifts, you feel jealous and depressed. So no, that day is supposed to be for couples and getting gifts.”

-Lesley Ortiz, International Business, Senior

“People tend to want to be in a relationship around the time of Valentine’s Day for the goodies, but I don’t care for the goodies.”

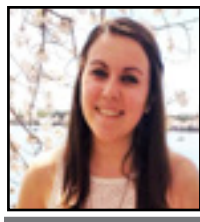
-Marlene Cerqueira, Psychology, Freshman

“For me, personally, right now, I am happy that I have someone for Valentine’s Day.”

-Jake Greendyk, Accounting, Freshman

To Vaccinate or Not to Vaccinate?

Despite recent controversies, there is no excuse for not vaccinating



CHRISTINE GIANAKIS
COLUMNIST

Shakespeare’s famous soliloquy in *Hamlet* shows a man torn between two opposing fears and the process through which he internally overcomes his apprehensions.

The United States is going through a similar battle of competing fears with the debate over mandatory vaccinations back in the public eye and more glaring than ever before: to vaccinate or not to vaccinate, is that really the question?

A measles outbreak was reported at Disneyland in California in late December, making the happiest place on earth a little less magical for children and parents, especially those who were not vaccinated. The location for such an outbreak could

not have been more iconic. Disneyland, known for attracting families and children of all ages, was the perfect hotspot for such a disease to spread. But why is this virus spreading when, just 15 years ago, the Centers for Disease Control and Prevention declared the elimination of measles in the United States?

Most cases of measles are imported from other countries—think of the mass numbers of tourists who travel daily to the Golden State to see the Sleeping Beauty Castle and meet Mickey Mouse.

What exactly is the measles virus? It is an extremely contagious viral disease which begins with a fever and leads to a red rash on the body that is most commonly seen in children. The dangerous complications from this virus include ear infections, pneumonia, seizures and sometimes death.

Even with this information

on the dangerous and deadly effects of this virus, people continue to leave their children unprotected. This subjects them and others, such as children too young to be vaccinated, to the risk of infection.

The CDC reports that throughout the month of January, measles were reported in 14 states with a total of 102 people infected. How is it that so many people were infected in such a short period of time?

An alarming 90 percent of unvaccinated people will contract measles if they come in contact with it. To believe that one is safe from the virus simply because it does not originate in the U.S. is an ill-informed view.

Since there is no way of knowing who may carry such a disease into the country, the only solution is to continue to vaccinate American children.

There are 18 states in the U.S. that allow personal belief exemptions giving parents the

ability to opt out of vaccinating their children for reasons other than religious or medical concerns, which puts those who cannot be vaccinated at a greater risk for infection.

For years, many doctors have rejected the argument of a connection between vaccinations containing thimerosal and autism, including the Institute of Medicine who found no such relationship between the two.

Furthermore, since the creation of the vaccine, the U.S. has seen a 99 percent reduction in the number of measles cases reported annually.

If scientists have proven that vaccinations are not harmful and that they work, why should we continue to have these personal belief exemptions?

Laws protecting the greater community are not unprecedented and all Americans who can get vaccinated, medical and religious exemptions aside should. States allowing

personal belief exemptions give parents the right to potentially infect their children and the children of others with possibly deadly viruses, a risk that is too grave to take.

To vaccinate or not to vaccinate; the answer is simple; it is your civic duty to protect yourself and your children.

Vaccinations exist for a reason; they prevent death and sickness so that our children can grow to be strong and healthy adults. The debate over mandatory vaccinations has gained attention from many presidential hopefuls and, for now, it appears to be a leading domestic policy issue.

Time will tell whether this sparked interest in a healthier nation will finally bring about a safer vaccinated public..

Christine Gianakis, a Political Science and Communication Studies major, is in her first year as a columnist for The Montclarion.

The Impact of Slavery in America Today

African American self-perception a result of slavery and post-slavery culture



MICHELLE STROTHERS
COLUMNIST

I recently began reading a book titled *Post Traumatic Slave Syndrome: America's Legacy of Enduring Injury and Healing* by Dr. Joy Degruy Leary from Portland State University.

Intrigued by its title and longing to know what would be printed on these 200 or so pages, I began reading it religiously.

I’m not finished with the book in its entirety, but in the first few chapters, I can grasp the journey that this book is going to take me on.

The book begins with the definition of Sankofa: “We must go back and reclaim our past so we can move forward; so we understand why and how we came to be who we are today.”

When returning to the past is talked about for African Ameri-

cans, it is often referenced as a trip to Africa to understand one’s roots and heritage that are hidden behind the veils of American history.

This first chapter is about how Dr. Leary had difficulty re-assimilating herself after returning from South Africa. She analyzed how the African American built their sense of self-worth via an imaginary lens of their peers and not their own belief. A quote on page nine reads, “I am not who I think I am and I am not who you think I am. I am who I think that you think that I am.”

The chapters subsequently talked about the stark difference between how she felt in how race was presented in both Africa and America from the perspective of slavery.

Post Traumatic Slave Syndrome is essentially the damage left after the physical enslavement of African Americans. The syndrome is a collective set of behaviors, beliefs and actions that are a result from multi-

generational trauma and often resulting from uncured Post Traumatic Slave Disorder. The book focuses on chattel slavery, which is the idea that you and generations to come will live in slavery.

M.A.P. is an acronym that explains the steps to P.T.S.S. “M” stands for multigenerational trauma together with continued oppression, “A” for absence of opportunity to heal and access benefits available in the society that ultimately leads to “P,” Post Traumatic Slave Syndrome.

P.T.S.S. talks a lot about being a generational way of deteriorating the psyche of people. Internalized racism is one of the major ways that P.T.S.S. is presented to others and passed subconsciously as a person oppressed themselves and those who look similar to them.

P.T.S.S. is carried out as a combination of internalized and institutional racism made to overpower the subconscious, allowing people to just go

through the motions of life and never see that what they were being present with was flawed and damaging.

Dr. Leary examines how James Madison, a slave owner and significant author of the Constitution, wrote a passage during the Constitutional Convention of 1787, which was a debate about whether or not slavery would be abolished.

It was argued that slaves were to be a person and property simultaneously; therefore creating the 3/5 compromise, making slaves three-fifths a human.

I read this section and thought about how there was always a fight in those who have been enslaved; a fight to be recognized as actually human, a fight for rights that were marginalized for slave-owning white men, a fight to be seen. An element of Post Traumatic Slave Syndrome is simple acknowledgement. The fight has remained against laws that were not made with a slave

even being considered as humans, let alone being considered as equals.

Post Traumatic Slave Disorder was not able to be cured post-slavery “ending” because of de facto segregation. De jure segregation involved things embedded within the laws such as the Jim Crow laws, yet what was more damaging were the illegal practices of slavery and segregation.

This book not only talks about the physical damage that resulted from slavery but how mental, spiritual and emotional damage from slavery would stem for a number of generations to follow, unless it was acknowledged that they were still enslaved, just in a different form.

“I freed a thousand slaves. I could have freed a thousand more if only they knew they were slaves,” said Harriet Tubman.

Michelle Strothers, a Sociology major, is in her first year as a columnist for The Montclarion.

Should America Put ISIS in the Spotlight?

Continued from page 1



DANIEL FALKENHEIM
COLUMNIST

The horrific nature of the incident would lead most people to be cautious, but it’s also important to consider what ISIS’s goal was.

For all their craziness, ISIS has had some success in playing the media. In the past few months, ISIS has released videos showing beheadings of hostages overseas. The videos are heinous, but the act itself is quick.

Now, ISIS produced a video showing a man being burned alive, which creates different emotions within us. Seeing someone being burned alive is not quick; rather, it’s a slow,

painful process.

Naturally, it enrages us all when we see an innocent person being burned alive by terrorists. Watching him writhe in pain only enhances this effect and it makes our blood boil.

But we have to consider that this is exactly what ISIS wants us to feel. They want us to watch the video. They want us to be angry. They want us to be guided by bloodlust and revenge and jettison reason.

This is what releasing a video of a man being burned alive accomplishes. ISIS wants us to become vengeful, not unlike them.

This is why I agree with most media outlets to not show the video. Describing the incident is awful enough and showing the video to a mass audience would feed into what ISIS wants. However, missing from the public

debate is how are governments supposed to react to what happened?

On one end, there’s the Jordanian government, who’s gone on an all-out offensive. Rightfully so, they have vowed not to let the murder of one of their own go unpunished. It was reported that Jordan launched 56 airstrikes in the first few days following the execution. But is this the best response?

To answer that, I want to introduce a brief anecdote from Martin Luther King Jr. He gave a speech in 1957 about loving your enemies. He describes a situation where he and his brother where driving from Chattanooga to Atlanta. Every single driver who passed them had their lights on, failing to be courteous enough to dim them for passing drivers. Pissed, as

most of us would be, his brother angrily said that he would flash his lights at the next driver who failed to dim theirs. Martin Luther King Jr. quickly advises his brother against doing so, saying it will lead to mutual destruction and someone needs to have some sense.

He goes on to make this a historical analogy, saying, “As all of the civilizations of the world move up the highway of history, so many civilizations, having looked at other civilizations that refused to dim the lights and they decided to refuse to dim theirs.”

Look, I’m certainly not naive enough to think that if we simply love ISIS and treat them with respect, that this conflict will be solved. It would be incredibly foolish to think that. But Jordan is certainly not look-

ing to dim the lights; rather, they are responding to an execution with a spree of airstrikes, much like his brother wanted to flash his lights at the next oncoming driver.

A lot of people want see our leader vow revenge and bomb the daylights out of ISIS, but as was the case with the media, we need to carefully consider what ISIS wants us to do. We need to have some sense and deal with this problem in a smart way.

Ultimately, I think our current strategy of building a Middle Eastern coalition to combat ISIS is the wisest one at the moment.

Daniel Falkenheim, a Journalism major, is in his first year as a columnist for The Montclarion.

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Oh Snow They Didn't!

Campus does not consider commuter students during inclement weather



EMILY ROVNER
ASST. OPINION
EDITOR

For children, snow is a welcomed surprise. For commuters, snow is a nightmare. Since the beginning of the semester, Montclair State has opted to close three times. These closures have allowed commuters to breathe a sigh of relief, but Montclair State University's commuter population still feels neglected at a school where they form the majority. Each year, students are reminded that the administration will close campus by carefully

looking at the weather conditions on campus and in the surrounding area. A majority of students at Montclair State are not living within the surrounding areas of campus; in fact, some students commute to class from their homes that are over an hour away. The weather conditions in Montclair can greatly differ from the various towns commuters reside in. With students living across the state, the administration cannot base their decision to close the campus solely on the conditions of Montclair. The university encourages students to take into consideration their own situation before

attempting to go to class. Montclair State seems like they care about their students, but if they truly cared about their commuter students, they would close campus. Even during a major snowstorm, commuters feel obligated to come to school. Since many professors only allow one or two absences, students need to attend class in order to have an absence for unpredictable circumstances like car troubles or traffic. Students feel forced to put their safety at risk to pass a class. Some students have the luxury of staying home because their professor is not concerned with attendance. Those students may not put their safety

at risk, but they will lose out because they will be behind on classwork. The safety and education of all students at Montclair State should be important and closing school during the winter storms would affirm that. When the university chooses to close campus, it is usually too little, too late. Commuters on campus sit inside their classroom helplessly watching as weather conditions worsen. Then, when the closure is finally announced, commuters mush rush to their cars so they can get home before it gets even worse. These commuters are frustrated that they have to sit in traffic in the parking garages and on their way home

as well as having to waste their gas and, more importantly, risk their safety. Commuters should not have to go through this each and every year. Montclair State University needs to see that commuters are risking their lives during snow storms to get an education. The administration says they are careful in monitoring the weather, but maybe they should take a closer look and take consideration for the commuter students.

Emily Rovner, a Television and Digital Media major, is in her first year as the Assistant Opinion Editor for The Montclarion.

Stay Woke: Six Months After Ferguson

Don't let the deaths of Michael Brown and Eric Garner go unpunished



KRISTEN BRYFOGLE
OPINION EDITOR

On Aug. 9, 2014, Officer Darren Wilson shot unarmed African American teenager Michael Brown in the town of Ferguson, Mo. After being shot 12 times, Brown's body stayed on the scene for approximately two hours. In the aftermath of this incident, several protests arose surrounding the circumstances of Brown's death, which remain largely unclear. Anger boiled over both in St. Louis County and across

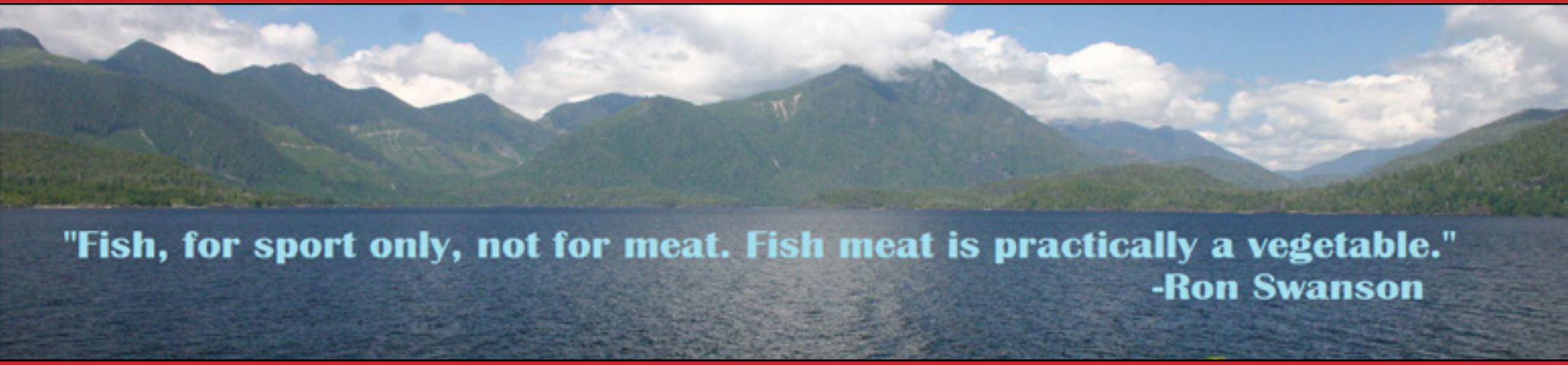
the world when, on Nov. 24, the county prosecutor Bob McCullough announced that grand jury had ruled not to indict Officer Wilson for Brown's death. Since then, the publicity of the protests and the case have died down, but many demonstrations still occur. This past Monday has marked the six-month anniversary of Brown's death and, according to NPR, Ferguson now looks like any other peaceful American town, though months earlier its streets acted as a war zone between protesters and law enforcement, who used rubber bullets and tear gas to dispel groups of demonstrators. Although no one really

knows for sure what happened in Ferguson on the day that Brown died, I believe that Wilson should have been indicted for killing an unarmed individual. The job of a grand jury is just to decide whether or not a case should go to trial, not whether Wilson was guilty of any crime in killing Brown. There should have at least been a trial so that the would-be-case could go through the correct legal process in order to assess what Wilson's actions. Instead, this did not happen—not for Brown, nor for Eric Garner, another unarmed African American whom a New York police officer killed on July 17, 2014. The grand jury in Gar-

ner's case also ruled not to indict the officers who strangled him to death. These men are only two individuals in the long list of deaths of people of color at the hands of police officers who were not indicted for their actions. After each of the initial crimes and after every grand jury decision announcement, a surge of protests in rose up in the streets and on the Internet. Hands Up, Don't Shoot; Black Lives Matter; If They Gunned Me Down; Criming While White and subsequently, Alive While Black; Stay Woke—these are the product of our generation bringing these injustices to attention and refusing to accept the decisions of a corrupt

system of law enforcement and legal proceedings. Don't let headlines about the Grammys and snowstorms bury Brown and Garner a second time. Don't let these injustices go by without creating a social change. It's been six months and already many have let the names and faces of these victims slip from their minds. The flashy headlines may have passed, but I urge you, if you want to see a reform in police enforcement to make sure that this doesn't happen again, don't stay silent on this issue.

Kristen Bryfogle, an English and Classics major, is in her first year as the Opinion Editor for The Montclarion.



Ain't No Party Like A Measles Party

Irresponsible parents place their children in danger by exposing them to virus



MONIKA BUJAS
MANAGING
EDITOR

Measles, mumps and rubella are known as some of the most deadly and dangerous viral diseases. Typically, parents are urged to get the MMR vaccines to protect their young children from these diseases, considering that it is highly lethal for children five years old and under. The two-part vaccination is usually first given to children between 12 - 15 months and the second is usually administered when the child is 4-6 years old due to the high recommendation that children receive the shot before starting school. Measles usually start like a typical flu; they'll start with a fever, cough and runny nose and then will stem, causing conjunctivitis and eventually a rash that typically starts at the face and spreads throughout the body. What most people don't

know is that the measles is actually a respiratory disease which will infect the lungs and cause issues such as pneumonia, brain damage and possible death. Recently, the state of California has been suffering from a measles outbreak. The outbreak is believed to stem from Disneyland over the winter holiday. According to *The Guardian*, an unvaccinated California woman apparently transmitted the virus through airports and the theme park. What started out as seven cases has now spread into a full outbreak. *The Los Angeles Times* stated, "The California Department of Public Health reported Monday that there are now 107 cases in the state, with one case now confirmed in Solano County." The measles have spread other counties and a few cases have popped up in seven other states. Now knowing that the virus is not only dangerous and highly contagious, what are parents thinking by having measles parties? It has become a popular trend for parents to host measles parties in the state of California, basically hoping it would work in the same way a

chickenpox party would work. Parents willingly put their non-infected children in a room full of children who are infected and hope that their child gets the virus and will eventually build an immunity to it. Even my father and his old school mentality and strong belief in natural remedies, building up natural resistance to infection and "what doesn't kill you makes you stronger" would call this an atrocity. Suggesting that your child go to or host a measles party is literally embodying the equivalent of proverbial parental jackassery. Let's distinguish the difference between the two diseases; chickenpox isn't nearly as lethal and exposing your children has been proven to help them build an immunity against it. Measles, on the other hand, is one of the leading causes of death among young children and has no proven immunity-boosting effects. According to the World Health Organization, "The disease remains one of the leading causes of death among young children globally despite the availability

of a safe and effective vaccine. Approximately 145,700 people died from measles in 2013 – mostly children under the age of five." Yet it is proven that the vaccine is cost effective, safe and has reduced the death count due to measles for over the decade. What parents are doing is risking harm to their children. This method of immunization should be considered neglect.

I am no medical expert, but my advice would be to stay as far away from the infected, not invite them over for pizza and a round of *Mario Kart* on your N64. My Nintendo reference is a bit archaic, but I thought it was suitable for these parents' ways of thinking.

Monika Bujas, a Communication major, is in her first year as the Managing Editor for The Montclarion.

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‘Switched at Birth’ Tackles Issue of Consent

Catherine Baxter
Editor-In- Chief



ABC Family is known for creating content that is perfect for families to sit down and watch together. Additionally, some of their shows are the most groundbreaking dramas that teenagers eagerly watch, from *The Fosters* to *Pretty Little Liars* and everything in between. One of their newer shows, *Switched at Birth*, has already conquered some of the most controversial themes of a teenage drama, including race and ethnic stereotypes and hardships that the deaf community must overcome in their day-to-day lives.

Switched at Birth follows the lives of the two main characters, Bay and Daphne, who were, well, switched at birth and ultimately grew up with the wrong family. Now being four years since the start of the show, *Switched at Birth* has seen some intense episodes, but nothing can compare with the message of last week’s show: how do you define consent when one or both parties are intoxicated? Bay and Daphne are now in college. When their father died at the end of last season, Daphne took it extremely hard, spiraling downward

into drugs and other illegal activities. When Daphne finally got caught, Bay covered for her so that Daphne could still go on to medical school and not have her actions impact her entire life. This led to some extensive community service and house arrest, and when Bay finally got off, she wanted to celebrate. The controversy of the episode centered around the party that Bay attended in Daphne’s dorm. After a night of pounding down jungle juice, Bay woke up naked next to her ex-boyfriend, Tank. She soon realized that she and

Tank had sex while both of them were wasted and Bay was devastated for cheating on her out-of-state boyfriend. The impact of the situation hit viewers when Bay went to her mother, Regina, for advice, explaining her situation but claiming that it happened to a friend. Regina brought up something that Bay hadn’t even considered, stating that: “If she said yes, but she said it when she was that wasted, the guy shouldn’t have had sex with her. Period.” Bay soon realized that she might have, in fact, been raped. This episode sparked extreme

debate, with viewers split right down the middle: some feel that Bay invented the rape scenario so she wouldn’t feel guilty about cheating on her boyfriend; others are extremely angry at Tank, stating that a woman who is too drunk to remember having sex could never have consented. The writers of the show aren’t going to come right out and say “Yes, this is what happened and this is what the consequences should be.” This episode opened the teenage audience’s eyes to an extremely important discussion: rape isn’t always black and white and neither is consent.

Celebrities Walk on Broadway

Alexandra Clark
Staff Writer

It is no secret that Broadway is a tough business. Millions of dollars are put into different productions every season with an uncertainty looming over how long the show will run. On many occasions, productions will bring in big-name celebrities to attract theatergoers or to even save a show that has been failing to fill seats. The question that arises is always whether these celebrities have the qualifications and talent to go through the rigorous training that accompanies performing eight shows a week. The majority of the time, these stars can never compare to the Broadway veterans.

Every show comes to the point when an actor’s contract is about to expire and they decide to leave the show to pursue other opportunities. So who will the show’s director find to take their place? In the case of Rodgers and Hammerstein’s *Cinderella*, which closed recently on Jan. 3, they went to Carly Rae Jepsen first before moving on to several other celebrities to end its near two-year run. The show’s original Broadway sweetheart Laura Osnes, who garnered a Tony nomination for her work in the title role. Osnes can only be described as perfect when playing this role and her kind, charismatic demeanor likens her to a real-life Disney princess. With this being said, anyone coming into the role after Osnes should have expected that they would have some huge glass slippers to fill. Even though Jepsen has had musical theatre experience,



Laura Osnes as Cinderella live on Broadway.

the demands of a Broadway musical are something that no one can anticipate. One glaring negative to having this Canadian pop star appear in this show, aside from being compared to Osnes, was the fact that each song’s key was lowered to suit her voice better, as she doesn’t have the soprano voice that the role requires. Because of this, many of the songs seemed to be missing a strong soprano part, which would give them a more whimsical, magical feeling. Not only that, but having actors sing different voice parts adds layers to a song that would otherwise be one-dimensional and unflattering. Her vocal ability just didn’t fit the role or this show. The same thing goes for Keke Palmer, who succeeded Jepsen. Palmer too has an alto voice that doesn’t suit the role of Cinderella. The show knew it would inevitably close, so they jam-packed known celebrities into the show for its final time

on Broadway in order to sell more tickets. It wasn’t just these two; they also invited Sherri Shepherd and Nene Leakes to join the cast as the Evil Stepmother. Their voices were just not suitable for the parts, so although their star power might have brought in more people, these audience members are more likely to leave disappointed or without purchasing the album or other merchandise. An overlooked aspect of having celebrities star on Broadway is the crazy fans that cause trouble; not only during the show, but afterwards at the stage door. While acting may seem simple to some people, actors have to fully immerse themselves in the character they are playing. However, some star-struck fans can only think about being in the same room as Hugh Jackman, who is currently performing in *The River*. There have been recorded instances of audience members

screaming to celebrities on stage who are trying to put on a show and stay in character. Not only are these outbursts distracting for the actors on stage, but they are also distracting to the other audience members who know what it means to exhibit proper theatre etiquette. Instances like these have affected other celebrities, to name a few: Rupert Grint, who starred in *It’s Only a Play*, *Of Mice and Men*’s James Franco and many others. When celebrities do more harm than good, they are just bringing down the reputation of the show. Without the talent to compete against Broadway veterans, people could leave the theater underwhelmed by a celebrity’s performance that was already heightened before they arrived. There is, however, one celebrity on Broadway that is standing up to the challenge. Tony Danza, known for the television shows *Who’s the Boss?* and *Taxi*, gives a spec-

tacular performance as Tommy Korman in *Honeymoon in Vegas*, which opened in January. The difference between Danza and other celebrities that decide to try their luck on Broadway is that Danza has been with his show since its earliest beginnings. Danza was part of *Honeymoon in Vegas* when it premiered at the Paper Mill Playhouse back in the fall of 2013 before it went to Broadway. He knew it was a project that he was very passionate about and he has been behind it for years. This is different from celebrities who just jump into an existing production. Furthermore, Danza has experience in Broadway productions which include the play *The Iceman Cometh* as well as the musical *The Producers*. Celebrities, in my opinion, cause more problems than it solves from the perspective of an avid theatergoer. Stars may create high expectations because of their fame and talent in other projects, but Broadway is an entirely new domain. Unless a celebrity has been part of a show for an extended period of time, he or she will be unable to compete with those who have been working in musical theater throughout their career. Being a celebrity does not mean that you have talent in any medium that requires acting; it only means that people will be looking to you to be everything that they expect and more; and for those that jump into these shows blind with no experience, they will be unable to make the cut.

‘Imitation Game’

An ordinary film about an extraordinary man

Nicholas Da Silva
Staff Writer



Photo courtesy of Wikipedia.org

Benedict Cumberbatch as cryptanalyst, Alan Turing.

Every year around Oscar season, it feels like there are one or two big award contenders that seem as if they were groomed specifically as award bait. Now, this isn’t always a bad thing; in fact, it could be very good because it means movie studios are trying to make a good movie instead of a cynical cash grab. Many of these “award bait” movies usually follow a checklist that is designated to appeal to what Oscar voters like. Feel good story: check; large ensemble cast: check; period piece: check; contains socially relevant themes: check.

Not all “award bait” movies have all four of these things in them, but you get the idea. Some “award bait” movies over the last few years have been great (*The Artist*, *Silver Linings Playbook*, *Dallas Buyers Club*), some not so great (*The Help*, *The Blind Side*) and some that are merely good and nothing more (*War Horse*, *The Fighter*). In terms of the “award bait” spectrum, *The Imitation Game* lands right in the middle as a well-made, well-acted but unspectacular look into the life of Alan Turing.

The movie takes place during three different periods of Turing’s life; the first period being his childhood as a schoolboy in a prep school, the second period being his time working with a cryptography team in the 1940s trying to crack the seemingly infrangible Nazi code known as Enigma. The third focuses on the final years of his life when he’s prosecuted and punished by the British government for his homosexuality. The majority of the film takes place during World War II, where the brilliant but clumsy Turing is selected by Commander Alastair Denniston (Charles Dance) to join Hugh Alexander (Matthew Goode), John Cairncross (Allen Leech) and Peter Hilton (Matthew Beard) in coming up with a way to break Enigma and help the Allies win World War II. This section of the movie is primarily a procedural film, with very little character development and a repetitive need to remind the audience of what an “oddball” Turing is to the point where he doesn’t even know how to make jokes.

The only moments in this segment of the

film where the script attempts to give some characterization come from the dynamic between Turing and Joan Clarke (Keira Knightley), a Cambridge student who joined Turing’s team after passing her “impossible to pass” test. The dialogue between these two does have a nice balance of witty moments and genuine moments, but Joan herself has little to no purpose in the film other than to be Turing’s Jiminy Cricket, the character that always guides our protagonist in the right direction even when things are at their darkest. Every other character in this movie gets one specific character trait and that’s about it; I’d be shocked if you could tell me more than one character trait about anyone in this film other than Turing. This all would be fine if the movie was primarily a “spy thriller” that was solely focused on the mission of cracking the Enigma, but it’s not and that’s where the big problem lies.

The movie focuses on three parts of Turing’s life, but it does so in a manner that feels very disjointed rather than organic or clever. A massive portion of the 1950s section of the movie focuses on a detective trying to figure out Turing’s mysterious past, yet, what he’s doing at the moment doesn’t really connect to the main storyline going on in the 1940s section of the film.

Non-linear narratives are fine and can be very refreshing when handled with adroitness, but all the narrative chunks must directly connect to each other immediately otherwise it ends up feeling like we’re just watching several different movies instead of one cohesive story. The story lines do eventually connect, but it takes the script a very long time to connect them when some rewrites could’ve solved this problem right from the start. The section of the film that focuses on his time in school and his relationship with Christopher feels shockingly glossed over, with maybe five minutes of screen time devoted to the barely developed relationship between these two characters.

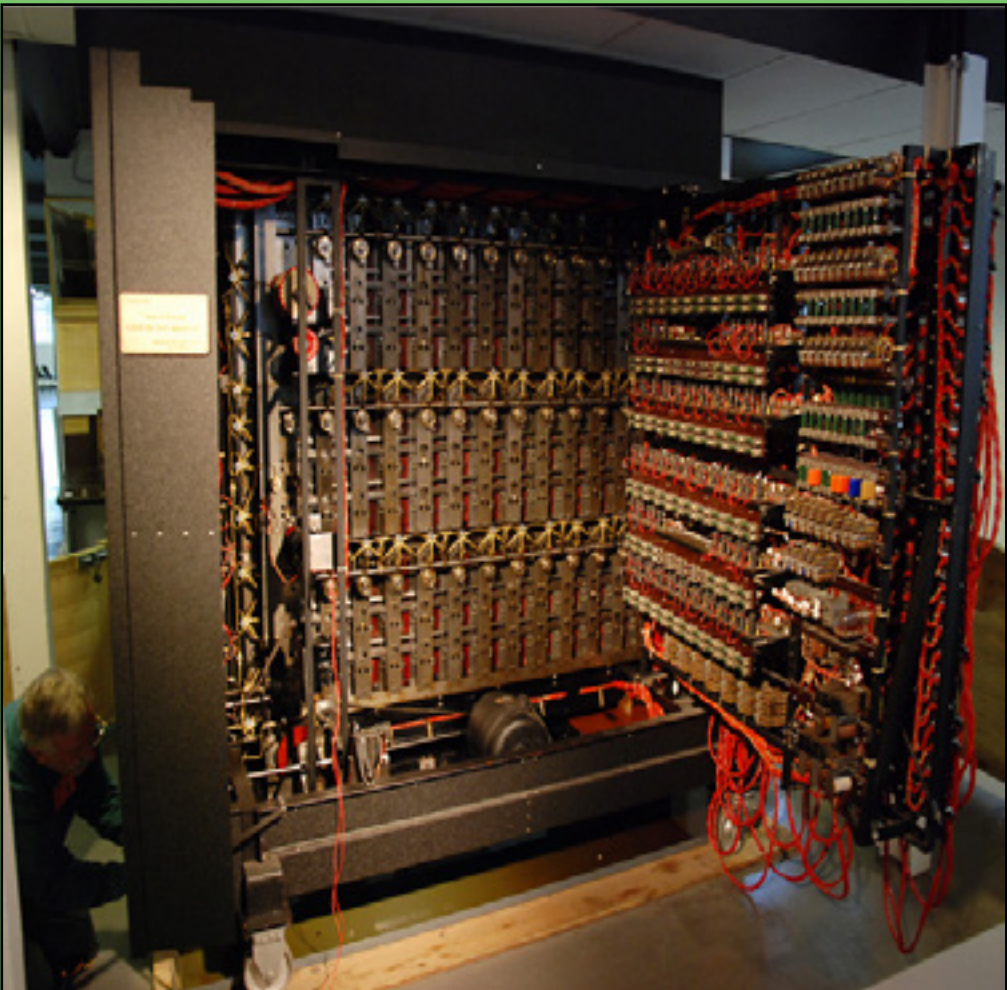
Since the film is trying so hard to be an award darling crowd pleaser, it goes out of its way to gloss over some of the darker aspects of Alan

Turing’s story. This, in turn, leads to some of the more emotional beats the movie tries to hit at the end not having any real weight or impact. I can’t believe this got a Best Adapted Screenplay nomination over *Gone Girl*!

I still enjoyed this movie and do have plenty of good things to say about it. The movie is elevated significantly, in my mind, because of the completely fantastic work from Benedict Cumberbatch. He’s up for anything the movie requires him to do and Cumberbatch finds the humanity in Turing and brings it to the screen. I honestly don’t know if the movie would work without his performance.

The rest of the cast is good, with Knightley being the standout amongst the ensemble that doesn’t include Cumberbatch. Morten Tyldum delivers some efficient and capable direction, keeping things moving at a nice pace. Alexandre Desplat capped off his red hot year of 2014 film score compositions, first with his great work on *Godzilla* and then his brilliant work on *The Grand Budapest Hotel*, with another fantastic score here. Finally, the production value is pretty good, albeit some really cheesy computer generated sequences of navy and aerial combat. This is a well-made movie, that’s for sure.

However, I can’t help but feel like there’s a lost opportunity with this film here. Alan Turing was the man whose work led to the creation of the modern computer. He helped break the code that allowed the Allies to win the war. He’s simply an extraordinary man and the script constantly preaches to the audience about how it’s those who stand out from all the rest that make the real changes in this world. But why did the movie not practice what it preaches to the audience? After all, for the talk about being unique and extraordinary, *The Imitation Game* ends up feeling like just another “award bait” movie. I know a lot of people are going to love this film and many will disagree with my thoughts on it, which is absolutely fine. Yet, at the end of the day, I feel like this is a good film imitating a great one.



Christopher, Turing’s bomb machine.

Photo courtesy of Wikipedia.org



The real Alan Turing.

Photo courtesy of Wikipedia.org

THE BLEEDING HEART PLAYLIST

“YOU AND ME” – LIFEHOUSE
THOMAS FORMOSO, SPORTS EDITOR

“VISION OF LOVE”
– MARIAH CAREY
NICHOLAS TAYLOR, CHIEF COPY EDITOR

“HOLDNG OUT FOR A HERO”
– BONNIE TYLER
PADDY GONZALEZ, FEATURE EDITOR

“THINKING OUT LOUD” – ED SHEERAN
JAYNA GUGLIUCCI, NEWS EDITOR

“LA VIE EN ROSE” – LOUIS ARMSTRONG
KRISTIN BRYFOGLE, OPINION EDITOR



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studiesabroad.com/admissions/document/scholarships

CEA Scholarships

Deadline: March 5, 2015
www.ceastudyabroad.com/students/financing/scholarships.html

SIT Scholarships

Deadline: April 1, 2015
www.sit.edu/studyabroad/scholarships.htm

Phi Kappa Phi Grant

Deadline: February 15, 2015
phikappaphi.org/Web/Awards/Study_Abroad.html

BUTEX Scholarships

Deadline: June 15, 2015
<http://www.butex.ac.uk/scholarships/how-to-apply/>

Japan Bridging Scholarships

Deadline: April 8, 2015
<http://www.aatj.org/study-japan/study-abroad-japan-bridging-scholarships>

Graz University International Summer School

Deadline: February 25, 2015
<http://goo.gl/Uu0c2l>

Studio Arts Center International Scholarships

Deadline: March 15, 2015
<http://goo.gl/DRUWgs>

Danish Institute for Study Abroad

Deadline: March 1, 2015
<http://www.disabroad.org/study-abroad/scholarships/>

For more scholarships, visit:
www.studyabroadfunding.org

Visit our website at:
<http://www.montclair.edu/global-education/study-abroad/>

Red Hawk Round Up



Indoor Track and Field

The men and women came away with solid performances at the CTC Indoor Championships at Wesleyan University. The women finished in third while the men finished in first.

The men dominated during the competition with four first place finishes. The four wins came in the 4x400 and 4x800 relays, the shot put and the triple jump.

Morgan Byrne came away with a victory in the 60-meter hurdles. The women's team also placed second in the 500-meter race as well as placing fourth in the 800-meter race.

Thomas Formoso

Sports Editor



Softball

The Montclair State softball team landed in the 11th spot of the National Fastpitch Coaches Association preseason poll. The Red Hawks will start their season on March 7 with a doubleheader.

Men's Lacrosse

The Red Hawks landed 16th in the United States Intercollegiate Lacrosse Association and also 18th by Lacrosse Magazine in their first polls of the season. Montclair State will open the 2015 season in Pennsylvania on Feb. 18 at Muhlenberg College.



Professional Standings

EPL (England)	Serie A (Italy)	NHL	Bundesliga (Germany)	NBA
		Metropolitan		Eastern Conference
1. Chelsea - 59 points	1. Juventus - 53 points	1. N.Y. Islanders - 71 points	1. Bayern Munich - 49 points	1. Atlanta - 0 GB
2. Man. City - 52 points	2. AS Roma - 46 points	2. Pittsburgh - 68 points	2. Wolfsburg - 41 points	2. Toronto - 7.5 GB
3. Man. United - 47 points	3. Napoli - 42 points	3. N.Y. Rangers - 67 points	3. Schalke - 34 points	3. Chicago - 10 GB
4. Southampton - 46 points	4. Fiorentina - 35 points	4. Washington - 66 points	4. Augsburg - 34 points	4. Washington - 10 GB
5. Arsenal - 45 points	5. Sampdoria - 35 points	5. Philadelphia - 55 points	5. B. Moen. - 33 points	5. Cleveland - 11 GB
6. Tottenham - 43 points	6. Lazio - 34 points	7. N.J. Devils - 51 points	6. Leverkusen - 32 points	6. Milwaukee - 13.5 GB
7. Liverpool - 42 points	7. Genoa - 32 points	6. Columbus - 49 points	7. Hoffenheim - 26 pts	7. Miami - 20 GB
8. West Ham - 38 points	8. Torino - 31 points	8. Carolina - 45 points	8. Hannover - 26 points	7. Charlotte - 20.5 GB
9. Swansea - 34 points	9. Palermo - 30 points		9. Eintracht - 25 points	9. Brooklyn - 21.5 GB
10. Stoke City - 33 points	10. Inter - 29 points	East Wild Card	10. Hannover - 25 points	10. Detroit - 22 GB
11. Newcastle Utd - 32 points	11. Milan - 29 points	1. Washington - 66 points	11. Koeln - 24 points	11. Boston - 22.5 GB
12. Everton - 27 points	12. Sassuolo - 29 points	2. Boston - 63 points	12. Hamburger SV - 23 points	12. Indiana - 23 GB
13. Crystal Palace - 27 points	13. Udinese - 28 points	3. Florida - 59 points	13. Mainz - 22 points	13. Orlando - 28 GB
14. West Brom - 26 points	14. Verona - 24 points	4. Philadelphia - 55 points	14. Hertha Berlin - 21 points	14. Philadelphia - 31 GB
-----	-----	5. Ottawa - 51 points		14. N.Y. Knicks - 32.5 GB
Round 26 - 2/21 - 2/22	Round 23 - 2/14 - 2/15	6. N.J. Devils - 51 points	Next Round	
		7. Toronto - 50 points	Round 21 - 2/13 - 2/15	
		8. Columbus - 49 points		
		9. Carolina - 45 points		
		10. Buffalo - 35 points		

WHO'S HOT THIS WEEK



Photo courtesy of MSU Sports

Morgan Byrne
Women's Indoor Track and Field

Byrne took first place at the CTC Indoor Championship this weekend, finishing the 60-meter hurdles in 9.09 seconds. She was named NJAC Women's Track and Field Athlete of the Week.

CURRENT STATS

- 1ST IN 60-METER HURDLES
- 6TH IN 400 METERS
- TOP NJAC HURDLE TIME



Photo courtesy of MSU Sports

Lavrone Green
Men's Basketball

Green was named the NJAC Rookie of the Week, his fourth time receiving this honor. In MSU's two victories this week, he totaled 58 points and two assists. Green has scored more than 20 points in six out of the last seven games.

CURRENT STATS

- 300 POINTS ON SEASON
- 14.3 POINTS PER GAME
- 2 REBOUNDS PER GAME

UPCOMING GAMES

Men's Basketball: 2/12 @ Hunter College
2/14 v. New Jersey City University
Women's Basketball: 2/14 v. New Jersey City University

Men's Track and Field: 2/13 @ Molloy Lions Invitational
Women's Track and Field: 2/13 Molloy Lions Invitational

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Redskins: To change or not to change?

Continued from page 20

name. He pointed out that other teams also represent groups of people such as the New York Yankees and the Notre Dame Fighting Irish.

"Team names such as the Pirates in Pittsburgh and the Vikings in Minnesota are way more offensive. These teams are named after groups of people that were robbers, rapists and murders. Until this issue is resolved, there should be no problem with the name of the Washington Redskins," Wallace said.

Some, including a former NFL player, said he isn't bothered by nicknames that may be offensive to some. Robert Sroka, a former college and NFL player, whose cousin currently attends Montclair State, said, "The Redskins are being recognized as a respectful and powerful tribe. What, are Giant people going to be offended know that the New York Giants use that name? Will animal activist complain that there are teams named after Falcons, Seahawks, Lions or Bengals?"

David Kaplan, an adjunct professor and director of the Yogi Berra Museum, said, "It's forced people to re-examine other offensive team nicknames, such as the Cleveland Indians (and their cartoonish logo Chief Wahoo) and realizing they, too, are an affront to an entire race of people. They simply perpetuate unfortunate stereotypes. I would hope that people will also look at the Tomahawk Chop, a tradition at Atlanta Braves and Florida State games and realize those gestures also dishonor Native Americans."

Professor and sports psychologist Robert Gilbert was teaching here when the nickname was changed. According to Gilbert,

the awareness over the issue has greatly increased since then. Why the reluctance to change? "People are entrenched in their way of seeing things and doing things," Gilbert said. "Just because it's always been the Redskins doesn't mean it always has to be the Redskins. When I was in school, I would be punished by being hit with a bamboo rod; nowadays you'd probably be sued if you tried doing that to a kid."

Some broadcasters and reporters have pledged not to use Washington's nickname when calling games or when writing stories. Adjunct professor Sitesh Shah, who is the play-by-play announcer for Montclair State football and basketball, said if people are offended by the name, it should be changed.

Even so, if he was broadcasting a Washington game, he would use their nickname "unless I was directly told by superiors that it was no longer to be used or the FCC declared it a forbidden word/term."

Twenty-five years from now, will Washington's football team be still known as the Redskins? Mark Rosenweig, an associate professor of Television and Digital Media who has worked in sports journalism, said it depends on who's the owner.

"If there is a new owner in 25 years, there will be a new nickname. The NFL might require it if someone buys the team. But the current owner, Dan Snyder, is unlikely to sell the team in the near future. And he is strongly against changing the nickname," Rosenweig said.

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INSIDE THE OCTAGON

Silva Busted For Steroids

Thomas Formoso
Sports Editor

On Feb. 3, waves were sent around the mixed martial arts world when it was revealed that future UFC Hall of Famer Middleweight Anderson Silva tested positive for two anabolic steroids following his win over Nick Diaz at UFC 183.

As expected, Silva has denied of his use of steroids and a follow-up sample of his urine taken a couple weeks after the positive test. The follow-up test means little in terms of an overall ruling regarding Silva considering the steroid could have cycled out of him by the time the second test was taken.

Silva’s win has already turned over to a No Contest after Nick Diaz also tested positive for marijuana in his system. Diaz is an outspoken offender of this and it came as no surprise that he was busted as well.

To make matters worse, Welterweight Hector Lombard was also busted for steroids in a test



Silva will attempt to convince the NSAC that he is innocent later this month.

Photo courtesy of Wikipedia.org

taken around the time of his fight at UFC 182. Lombard was lined up to fight Welterweight contender Rory MacDonald in a fantastic matchup, but that fight has now been replaced with a Flyweight title fight between Demetrious Johnson and Kyoji Horiguchi in April.

The news of Silva’s test will

soon continue to unravel at the Nevada State Athletic Commission’s next meeting where Silva and Diaz will try to make a case for their results. Silva will look to prove that his sample was tampered with. *The Montclarion* will have more on this story as it continues to develop.



Looking Ahead

UFC Fight Night 61
Feb. 22, 2015
Porto Alegre, Brazil

Fox Sports 1

UFC Fight Pass

UFC 183 Fight Card

The Montclarion predicted winners are in bold

Fight Pass Prelim - 7:30 p.m.

Lightweight - James Moontasri (7-2) vs. Cody Pfister (11-3)

Fox Sports 1 Prelims - 8 p.m.

Flyweight - (11) Tim Elliot (10-5-1) vs. (10) Zach Makovsky (18-5)

Featherweight - Jim Alers (13-1) vs. Chas Skelly (13-1)

Lightweight - Rodrigo de Lima (8-2) vs. Efrain Escudero (22-9)

Featherweight - (8) Nik Lentz (25-6-2, 1 NC) vs. Levan Makashvili (6-1)

Fox Sports 1 Main Card - 10 p.m.

Flyweight - Ray Borg (7-1) vs. Chris Kelades (8-1)

Lightweight - Michel Prazeres (18-1) vs. Jon Tuck (9-1)

Middleweight - Dan Kelly (8-0) vs. Patrick Walsh (5-1)

Welterweight - Neil Magny (13-3) vs. Kiichi Kunimoto (18-5-2, 1 NC)

Featherweight - (13) Max Holloway (11-3) vs. Cole Miller (21-8)

Welterweight - Brandon Thatch (11-1) vs. (5 LW) Benson Henderson (21-5)

Thomas Formoso
Sports Editor

The UFC will hold their 61st “Fight Night” event as they visit the 1stBank Center for the third time in Broomfield, Colo.

The main event saw plenty of changes, as the original fight to take place was between Tarec Saffiedine and Matt Brown in a high-profile fight. On New Year’s Day, Saffiedine had to pull out of the fight due to an injury. Less than two weeks later, Brown was pulled from the fight to take on former Welterweight champion Johny Hendricks.

Next, the UFC decided to pit Stephen Thompson and Brandon Thatch in a not-so-enticing fight. On Jan. 30, Thompson suffered an injury and the main event was once again put into jeopardy. Luckily, Lightweight Benson Henderson agreed to move up a weight class to keep the fight alive.

Henderson, the fifth-ranked lightweight in the UFC, is currently on a two-fight losing streak, with the most recent serving as a controversial loss to Donald Cerrone in the middle of January. Henderson was very vocal about having a busy year fighting. Much like



Henderson and Thatch will face off on Fox Sports 1.

Photo courtesy of UFC

the aforementioned Cerrone, Henderson holds the attitude of “anywhere, anytime” when it comes to fighting. Back-to-back losses have seen him fall in the rankings in his division and is going to have a hard time climbing back up the stacked Lightweight division.

Thatch, who is currently unranked in the Welterweight division, could come away with a career-changing win if he were to come away victorious over Henderson. Even though Benson has implied that the move to Welterweight would be only

temporary, a win for Thatch would be a huge upset and likely propel him into the rankings. Thatch is currently on a 10-fight winning streak and has started his UFC career at 2-0.

Thatch has had a fair amount of submission and knockout victories in his career, with his most recent victory coming from a submission over Paulo Thiago in November of 2013.

The Co-Main Event of the evening will be a featherweight contest between Max Holloway and unranked Cole Miller.

The Montclarion UFC Predictions

Heavyweight - 0-0
Light Heavyweight - 0-0
Middleweight - 4-1 (1)
Welterweight - 0-1
Lightweight - 1-0

Bantamweight - 0-0
Flyweight - 0-0
Women’s Bantamweight - 1-0
Women’s Strawweight - 0-0
Catchweight - 0-2

Lucky Number Seven

Mike Panepinto
Staff Writer

The Montclair State women’s basketball team has been on a tear lately. With two more wins under their belt, MSU is 21-1 overall and 14-1 in the New Jersey Athletic Conference. They are tied atop the NJAC with the Richard Stockton Ospreys. D3Hoops.com and the *USA Today* Coaches Poll rank the women at 9 and 11, respectively.

The Red Hawks hosted William Paterson at the Panzer Athletic Center on Feb. 4. MSU had this game won by the half and defeated the Pioneers, 86-61. Senior forward/guard Melissa Tobie led the assault with 17 points and 11 rebounds. Freshmen guard Kate Tobie and forward Taylor Harmon both scored a career-high 13 points. Freshman forward/guard Katie Sire added 10 points.

Montclair State outscored



The Red Hawks dominated their competition this past week.

Photo courtesy of MSU Sports

William Paterson by 24 points in the paint (50-26). The Red Hawks also finished with 19 more rebounds than the Pioneers (50-31). The win gave MSU their third consecutive 20-win season. This is the first time since 1991 that Montclair State has had three straight campaigns with at least 20 wins.

On Feb. 7, the Red Hawks made the trip to Camden to face off against the Rutgers-Camden Scarlet Raptors. The contest was close at the half, but MSU blew it open in the second half and won 66-50. Melissa Tobie and senior guard Janitza Aquino were on fire and each recorded 22 points apiece. Sire contrib-

uted with eight points and 10 boards.

For the second straight outing, Montclair State outscored their opponent down low, this time by 18 (30-12). The Red Hawks converted 18 Scarlet Raptors turnovers into 23 points. MSU shot very well from the free-throw line, going 12-14. This was Montclair State’s 18th consecutive win against Rutgers-Camden.

Tobie has been selected to the Capital One Academic All-District women’s basketball team for the second season in a row. She has a chance to be a part of the Capital One Academic All-American team, which will be named later on in the year. Tobie is the first woman in the history of the program to be named to the team twice. She is second in the NJAC in blocks with 59, tied for second in the league in rebounds with 213 and third in the conference in scoring with

15.9 points per game. Tobie has been on the Dean’s List four times so far at MSU during her career.

The Red Hawks host Rowan University on Wednesday, Feb. 11 at 6 p.m. MSU last defeated the Professors in a tight contest, 63-60 on Jan. 7 in Glassboro. On Saturday, Feb. 14 at 3 p.m., Montclair State will play New Jersey City University at home. This is the Red Hawks’ final regular season home game and this will be their Senior Day. MSU last faced them with a win, 69-49, in Jersey City on Jan. 17.

“Our goals have remained the same since the beginning of the season,” said head coach Karin Harvey. “We work each day to accomplish smaller goals that will help us achieve our ultimate goal of winning an NJAC Championship and prepping for the NCAA Tournament.”

Transcending Sports and Society

Redskins controversy is sending waves around the country

Montclarion Sports Team
Contributing Writers

In 1989, Montclair State University, then Montclair State College, was ahead of its time when the school changed its nickname from the Indians to the Red Hawks. Twenty-five years later, amid Washington Redskins owner Dan Snyder’s refusal to change the nickname was deemed offensive to some, the issues remain the same and the controversy has grown.

Montclair State assistant professor Mark Clatterbuck teaches courses in Native American religions. While football may be a religion to some, Clatterbuck puts the controversy in historical perspective.

“What is getting lost throughout this is why exactly the name Redskins is under fire,” Clatterbuck said. “Throughout the early 1900s, the word ‘Redskin’ was used to describe Natives not only as people with redder skin, but as savages, devils and animalistic.” Clatterbuck also said that it’s as though Snyder is trying to pretend that “history didn’t happen” when it comes to the origins of the name.

When asked how he would

feel if Montclair State still used the nickname Indians, Clatterbuck was sure there would be a problem.

“It would be one thing if Montclair State’s community was full of Native Americans, but it actually makes up less than one percent of the population. How could we be the Indians if we couldn’t be the Jews or the Chinamen?”

Montclair State was one of the first colleges to change their Native American nickname. “Discussions had been held for quite some time before the name was changed,” said Holly Gera, Montclair State’s Director of Athletics. “At the time, there was a big increase in sensitivity and the name was clearly offensive to some people, just like ‘Redskin’ is today.”

Michael Scala, MSU’s Director of Sports Information, was an undergraduate at the time of the change and said the decision came about because “it was viewed as something derogatory and it also gave us an opportunity as a university to rebrand ourselves.”

Scala said a contest was held to pick a new nickname. Of the 150 suggestions, one of the



The Redskins continue to face scrutiny for their mascot name.

Photo courtesy of Wikipedia.org

more memorable ones was the Jersey Tomatoes, given the state is known for its red produce. “Red Hawks was born out of the submission and also it made a lot of sense because, during October and the fall, you’ll see red-tailed hawks flying over Eagle Rock reservation that sits just above campus. It kind of made a real natural fit,” Scala said.

There was some resistance, according to Scala. “We had a lot of alumni that were kind of beholden to that name and they’re proud of it, not in a negative way at all, but it was

something that they were sad to see go. You could imagine someone trying to get you to change your name after having it for so long. There was some pushback, but you know, eventually [Red Hawks] won over. People accepted it more and it has flourished.”

Diane Rozalski, who graduated from MSU in 1986, is a bit nostalgic for the old nickname. Would she be offended if MSU’s teams were still known as the Indians? “No, I would love it. I wouldn’t mind at all,” Rozalski said.

Alum Andrea George, a fresh-

man when the nickname was changed, remembers protests about the Indians nickname. “When it was Montclair State College, the men’s teams were considered the ‘Indians’ while the women teams were considered the ‘Squaw,’” George said. “In the native language, that was offensive because it meant ‘prostitute’ to some.”

Current MSU athletes see both sides of the issue. Dan Barletta, defensive back for the Red Hawks, said the decision to change the nickname was the right one. “Montclair State is home to all different ethnicities and it’s not right to have a name if it will offend students that are part of our community,” he said. “Had I been on the 1989 team, I would have been upset to see my team name change, but it’s something that my team and I would have gotten over very quickly.”

Others also feel that the issue has been blown out of proportion. Matthew Wallace, a 24-year-old MSU alumni and sports fanatic, shrugged when asked if he would be bothered if MSU had kept its original nick-

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Men’s Basketball Bounces Back

Jenna Bussiere
Assistant Sports Editor

After suffering from seven consecutive losses, the men’s basketball team captured two wins this week against Rutgers-Camden and Yeshiva University. Both games ended in close scores, with the Red Hawks barley edging their opponents. They defeated Rutgers-Camden 88-85 on Feb. 7 and survived against Yeshiva in an 85-83 matchup.

The Red Hawks were host to the Scarlet Raptors, as they led with a 14-point second half lead. However, Rutgers-Cam-

den closed the gap with only 4:48 remaining in the game and took the lead at 74-72. The next four minutes of the game was a back-and-forth cutthroat shoot out.

The Red Hawks picked up a three-point lead and an 86-83 game on their hands with 1:18 minutes left. Rutgers-Camden could not capitalize on offense and missed three shots while Montclair State advanced on a pair of free throws scored by Erick Loftten-Harris. The score was set at 88-83 until Rutgers-Camden’s Jason Richardson’s scored a two-pointer and only allowed the Red Hawks to walk



Men’s Basketball is starting to turn their season around towards the end.

Photo courtesy of MSU Sports

away with a two-point leading win.

To continue their winning streak, MSU traveled to New

York on Monday where they grabbed their seventh win of the season against Yeshiva University. Freshman Devyn Ransom

solidified the win as he scored a layup on the sound of the final buzzer, leading the Red Hawks to another two-point win. Other big contributors to the win include freshmen Lavrone Green, who has remained at the top of the team’s scoring list this year.

The win over Rutgers-Camden last Saturday marked Montclair State’s third NJAC win of the season. They defeated the Scarlet Raptors earlier this season as well as Kean University, but still remain ninth in the NJAC standings, behind eighth-ranked Rutgers-Camden.

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